

Reducing Disc Degeneration

Most things in life will suffer from what we call wear-and-tear. This can apply to really anything, whether it's our favorite, most worn t-shirt, our car, or even our health! Our car can get worn down very quickly as we put more miles on it without properly taking care of the engine, battery, tires, etc. The same can be said about our health! If we don't take care of our physical body, our body can show signs of wear-and-tear such as pains, aches, difficulty in mobility, and more!

In particular, disc degeneration is something that we see as a result of wear-and-tear of a spinal disc. This often leads to pain! A recent case study, in particular, was conducted on a 63-year-old female bodybuilder who had complaints of lower back pain. She presented to chiropractic care to get a better idea of what was causing her pain and how she could reduce this to regain a higher quality of life. A series of x-rays revealed multiple subluxations affecting her lower back nerves and a slipped disc. When asked to rate her pain numerically, she ranked it at a 10/10. Over the course of 10 weeks, she incorporated chiropractic care into her healthcare plan. After these 10 weeks were completed, she reported a significant reduction in pain, now ranking it at only a 2/10 and reporting being able to actually increase the amount of weight she was able to lift in her legs by 60lbs! Her new x-rays revealed a decrease in the subluxations and disc degeneration!

Neurologically-based chiropractic is an essential part of our healthcare plan and should be treated as such! Even if we exercise and have a healthy, nutritious diet, we can't prevent our body from the daunting toll aging can take. Aging puts stress on our body, and we must ensure our body is functioning optimally from the inside out so that we can function longer!



**Even with
degeneration
present,
chiropractic
care can
improve motion
in the spine
and, in turn,
have lasting
health effects!**

Fedorchuk, C., DC, & Haugen, H., DC. (2020). Reduction in Three Levels of Lumbar Degenerative Spondylolisthesis Following Chiropractic Care: A Case Report & Review of the Literature. A. Vertebral Subluxation Res, 165-170.



© Intellectual property of ChiroEdge



clearfamilieschiropractic.com

(228) 533-2733